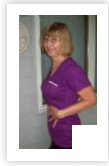


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## A 100 mile challenge?

Sunday, January 06, 2013

Yesterday when I visited my local running store, I saw a notice for a "100 Miler." At first I dismissed it as another of those "ultra" events for elite endurance athletes. Then I saw that the store has a "team." Huh? There aren't enough endurance athletes around here for teams.

No, it's just a challenge the City Parks & Recreation Dept is holding for ordinary people to get/stay active during the winter months. The goal is to "walk, run, hike, pedal or paddle 100 miles (or more) in 100 days." My running store is one of the sponsors.

I can do that. I should be able to run/walk more than twice that distance barring injury, illness or bad weather conditions. So, do I need an official "challenge?" Actually, yes I do, especially in the winter months when motivation decreases and excuses increase.

I'm also well aware of the benefits of connecting with like-minded people. Thank you SP! So I signed up, joined the team and this afternoon I'm going to attend the "kick-off event" as we begin our mileage journey as a group. It's a self reporting activity after that.

Plus, I get a T-shirt with that "100 Miler" logo that caught my eye initially. The text underneath explains "100 miles in 100 days" so the world will know that I'm not an elite athlete (if anyone gets close enough to read my chest).

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**MORTICIAADDAMS**

Good luck!  
138 days ago



**STRIVER57**

sounds great! wish they'd do that here!  
3080 days ago



**PHEBESS**

YAY for you for signing up! And yes, challenges help with the motivation!  
3080 days ago





**BOILHAM**

100 miles in 100 days. I used my computer calculator, and it says that is approximately 1 mile per day average. I think you can do that.

You could do 2 miles one day, and skip a day to rest up. Or you could do 1 mile one day, 3 miles the next day and rest two days. The possibilities are endless!!  
Good luck to you.

3080 days ago



**CD13136117**

Go get em! Have fun with your 100-mile challenge, or more! Best wishes!!

3080 days ago



**JOPAPGH**

Sounds like a great way to stay focused!



3081 days ago



**WATERMELLEN**

Very cool! I'm looking for motivation wherever also: and this sounds like fun!

3081 days ago



**WINDSURFNERD**

Sounds like a fun challenge...I also joined a "Rock your Resolution" challenge on mapmyrun; 10 workouts in 30 days seems pretty do-able given my training plan. I'll be looking for you to post a picture of your T-shirt!

3081 days ago



**CD8113065**

I like it!!

3081 days ago



**DETERMINED\_ME**



for accepting the challenge!

3081 days ago



**CD11026554**

Great idea - well done for signing up. Your right - you know that you are perfectly capable to do it but being part of an official challenge makes you accountable so you \*will\* do it. The Tshirt sounds cool.....

3081 days ago



**WILSONWR**

Sounds like a lot of fun! I need to find a similar challenge to keep me motivated!

3081 days ago



**COCK-ROBIN**

Go for it! I'm glad to know a 100 miler.

3081 days ago



**FITFOODIE806**

Sounds super fun! And like a cool shirt.

3081 days ago



**CD10259955**

Good for you!! Sounds like a great motivator and you get to meet some new folks!!! Have fun!!



3081 days ago



**KKKAREN**

sounds like a fun thing to do - go for it!

3081 days ago





**ANGHARAD3**

Great motivational tool. After all, it is all about consistency.  
3081 days ago

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